

Proceedings of the Second International Conference on Humanistic Buddhism

*Hsi Lai University, Rosemead
Los Angeles County, California
December 17-21, 2000*

The Second International Conference on Humanistic Buddhism of the International Academy of Buddhism was inaugurated by Dr. Naichen Chen, President of HLU. Commenting on the conference theme, Dr. Chen remarked how vitally important it was to apply the principles, values and ideals of Humanistic Buddhism to major spiritual, social and technical challenges which humanity encounters today. "Each age has its special challenges for human beings, but the main problems have always remained the same," he said.

The Venerable Grand Master Hsing Yun sent the following message to the Conference:

May I welcome you most warmly to the Second International Conference on Humanistic Buddhism, convened by the International Academy of Buddhism of Hsi Lai University. I wish you a successful and stimulating meeting of minds and offer you my heartfelt gratitude for continuing to pursue in-depth academic analysis of the concept and practice of Humanistic Buddhism.

*There is one thing about the Dharma that I am completely sure of: **The Dharma is for people.** The Buddha's teachings are not a cold philosophy designed merely to rearrange the concepts in our minds; they are a living act of compassion intended to show us how to open our hearts to the miracle of awareness – our own awareness among the awareness of others. I learned this truth just as everyone must learn it: **by living life and applying the Buddha's teachings to what I saw.***

When the Sakyamuni Buddha taught the Dharma, he gave the world an inestimable gift. This gift can teach us how to find freedom. The Dharma is a mirror that reflects the deepest truths within us. It shows us how to free ourselves from our own delusions by reaching deep layers of truth that already lie within us. These truths are the same truths that govern the universe.

*Buddhist practice must start with who we are and what we do. First we learn to control the negative impulses of our bodies. This is morality. Then we learn to control our minds. This is meditation. Then we learn to understand the deep truths of life. This is wisdom. Each stage depends on the one before. Meditation is an essential part of Buddhist practice, but no one should think that meditation is all that is there to Buddhism. Meditation is a door; what goes through the door is our compassion for others. The purpose of chanting and meditating is to show us that the insights of Sakyamuni Buddha are **real**. When we experience them in meditation, or when we are inspired by them in chanting, we renew ourselves and empower ourselves to continue the long process of introspection and moral growth that is the path to enlightenment.*

The deep truth of the Dharma is Buddha mind or Buddha nature. No matter how much we study, we must never allow ourselves to lose sight of this. Buddha nature is a reality that lies within us even as it completely transcends us. The right way to study the Dharma is to form

a relationship with the Buddha, both the one that lies within you and the one that transcends you. When you can see the Buddha in everything, you will be able to say that you truly understand the Dharma.

There can be no greater source of wisdom than the Buddha and there can be no greater example of how to live than the life of the Buddha. He lived and taught in this world. He was tireless in his efforts to help others. One of the greatest of all Buddhist practices is to contemplate the Buddha's life and compassion which inspired him to give so much of himself.

Humanistic Buddhism is based on the example of the Buddha's life as well as on the content of his teachings. It is not a new kind of Buddhism. It is simply a name used to emphasize the core teachings of the Buddha. The Buddha taught compassion and wisdom. Humanistic Buddhism encourages us to participate in the world and be a source of energy that is beneficial to all sentient beings. All of us must recognize that we are needed by others. By serving others we serve ourselves. By recognizing the Buddha in others, we learn to find him in ourselves.

*It is indeed gratifying to me that your deliberation on Humanistic Buddhism have opened new avenues for investigation. I commend the theme of this Conference: namely **Humanistic Buddhism and Challenges of Modern Life**. I am pleased that the conference is directly connected with the **Hsi Lai Journal of Humanistic Buddhism**.*

I wish you every success in your undertaking. May our joint efforts bring greater benefits to humanity.

May all beings be well and happy.

*Hsing Yun
Chairman, Board of Trustees
Hsi Lai University*

Over the four-day conference the following presentations were made:

A. KEYNOTE ADDRESSES:

1. Dr. Naichen Chen, President, Hsi Lai University, *Humanistic Buddhism and Challenges of Modern Life: A Philosophical Overview*
2. Dr. Lewis Lancaster, Professor Emeritus of Buddhist Studies, U.C. Berkeley & Chair of Doctoral Advisory Committee, HLU, *Ethics in Humanistic Buddhism*
3. Dr. Ananda W. P. Guruge, Dean of Academic Affairs, HLU & Director of International Academy of Buddhism, *Buddhism and Society: Reinforcement of Humanistic Buddhism through Social Involvement*
4. Dr. James L. Fredericks, Loyola Marymount University, Los Angeles, *Practicing with Anger: Reflections for Buddhists and Christians*
5. Prof. Padmal de Silva, Institute of Psychiatry, London, *Humanistic Buddhism and Mental Health: Therapy and Prevention*

6. Dr. Thich An-Hue, Chair of Dept. of Religious Studies, HLU, *Humanistic Buddhism, Family Values & Family Counseling*
7. Dr. Richard Kimball, Director of Buddhist Psychology and Counseling Research Center, HLU, *A Practical Approach to Buddhist Psychology*

B. PANEL PAPERS:

1. Dr. Leslie Grey, Professor Emeritus of Psychology, University of Denver, Colorado, *Animal Stories in Buddhist Jātakas*
2. Dr. O'Hyun Park, Appalachian State University, Boone, *Teaching the Introductory Course on Buddhism*
3. Dr. Wang Zhong Yao, Hang Zhou University of Commerce, China, *From Buddha's Love to Humanized Love: On the Aesthetics of Bodhisattva Kuan-yin Images*
4. Mr. La Verne Sasaki, Buddhist Churches of America, San Francisco, *Inter-racial and Inter-faith Wedding Ceremonies and Marriages*
5. Dr. Ingrid Aall, California State University, Long Beach, *Deconstruction of Buddhist Art in the Hands of Postmodern Imagery*
6. Mr. James R. Hodgkin, Rissho Kosei-kai, Los Angeles & Ph.D. Candidate, HLU, *Hoza—Applied Buddhism*
7. Mr. Anthony Grosso, Ph.D. Candidate, HLU, *Humanistic Buddhism and the Media*
8. Dr. Otto Chang, California State University, San Bernardino & HLU, *Humanistic Buddhism and Knowledge Management*
9. Ven. U. Naradabhivamsa, *Humanistic Buddhism of Social Styles*
10. Dr. Ming Lee, University of California, Los Angeles & HLU, *Buddhist Psychotherapeutic Theory and Practice from the Perspective of the Yogacara School of Buddhism*
11. Ven. Cheer Dean, Ph.D. Candidate, HLU, *A Case Study of a Therapeutic Approach in Practicing Buddhist Psychological Counseling*
12. Ven. Madawela Punnaji Mahathera, *Buddhist as Psychotherapy—A Comment*

At the concluding session, Professor Lewis R. Lancaster was recognized the International Academy of Buddhism (IAB) Honoree of the year 2000.

—Editor